

## Lasagna (Rotini) Casserole<sup>R5</sup>

Number of Servings: 5 (228.39 g per serving)

Amount	Measure	Ingredient
8.00	oz	Beef, ground, hamburger, pan browned, 10% fat
2.00	cup	Sauce, spaghetti, low sod
6.00	oz	Pasta, rotini noodles, enrich, dry, all brands
4.00	oz	Cheese, mozzarella, low moist, part skim, shredded
7.00	tsp	Cheese, parmesan, dried, grated
1/2	cup	Cottage Cheese, 1% fat

### Nutrients per serving

Nutrition Facts			
Serving Size (228g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 440</b>	<b>Calories from Fat 150</b>		
		% Daily Value*	
<b>Total Fat</b> 17g			<b>26%</b>
<b>Saturated Fat</b> 7g			<b>35%</b>
<b>Trans Fat</b> 0g			
<b>Cholesterol</b> 60mg			<b>20%</b>
<b>Sodium</b> 330mg			<b>14%</b>
<b>Total Carbohydrate</b> 43g			<b>14%</b>
<b>Dietary Fiber</b> 4g			<b>16%</b>
<b>Sugars</b> 14g			
<b>Protein</b> 29g			
<b>Vitamin A</b> 15%		<b>Vitamin C</b> 20%	
<b>Calcium</b> 25%		<b>Iron</b> 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
<b>Total Fat</b>	Less Than	65g	80g
<b>Saturated Fat</b>	Less Than	20g	25g
<b>Cholesterol</b>	Less Than	300mg	300 mg
<b>Sodium</b>	Less Than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Notes

\* For each pound browned ground beef EP purchase 1 1/3# 90% lean ground beef =  
 \* 8 pounds 90% lean ground beef should be purchased per 50 servings to = ~6# EP (entered into analysis)  
 Cook rotini noodles in boiling water according to directions on package. Drain and store in cold water to keep noodles from sticking. Drain when ready to use.  
 Brown ground beef until meat reaches internal temperature of 155 degrees F. Drain off fat.  
 Add spaghetti sauce and bring to a simmer, stirring occasionally.  
 Combine meat sauce and cheeses and stir until mozzarella cheese is melted. Add drained, cooked noodles. Stir lightly.  
 Pour into 12x20x2 inch counter pan (for 50 serv). Bake at 350 degrees F for 45 minutes to 1 hour.

Serve 1 cup serving using an 8 oz ladle or 2 #8 scoops.